



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • [www.needhamma.gov](http://www.needhamma.gov)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

## Friends Board Members

Jan Dorsey and Pat White,  
Co-Chairs

Sylvia Shuman  
Secretary

Carol Ditmore  
Treasurer

Isabelle Avedikian  
Ann DerMarderosian

Jay Kaplan

Betsy Tedoldi

Roma Jean Brown  
Ex Officio

## YOU ASKED FOR IT! YOU GOT IT! OUR SECOND ANNUAL BIG BAND HARVEST MOON DANCE!

**Friday, October 23rd • 1:30 - 3:30 pm**

FEATURING THE OLDE KIDS BAND

**SIGN-UP IS REQUIRED. COST FOR THE EVENT IS \$4.00.**

Location: The First Baptist Church located on 858 Great Plain Avenue

**PLEASE NOTE:** Because the Senior Center does not have a room large enough to hold the event we have rented space at the Baptist Church located on 858 Great Plain Avenue (which is only about 200 feet from the Senior Center). Parking is available at the Senior Center and the Church.

The Olde Kids Band is an eighteen piece band including: 5 saxes, 4 trombones, 4 trumpets, rhythm (piano, bass, guitar, and drums). The band's lead singer is female vocalist Mara Castle, who states that by far her favorite role model is Rosemary Clooney. Also singing are two male horn players. The Olde Kids Band consider themselves retired but not from MUSIC AND PERFORMING. The band rehearses and performs on a weekly basis! They are comprised of musicians who are retired business executives, accountants, teachers, lawyers and a retired officer with the CIA or FBI. The band's repertoire is from the swing era – 30s and 40s. The band will also take music requests. So come on down, request your favorite tune, dance or simply enjoy the music and refreshments. We would like to thank the following organizations for their support and sponsorship for our BIG band dance: Sostek Home Care, Emeritus at Wilson Mountain and Wingate Health Care.

**WOULD YOU LIKE TO  
BOWL, PLAY TENNIS OR PLAY BASEBALL  
Without Going Onto a Tennis Court or Baseball Field or a Bowling Alley?**  
**IF YES, THEN YOU MUST COME DOWN AND GIVE WII™ A TRY.**  
**WE NOW HAVE A NEW GROUP OF WONDERFUL LEADERS TO SHOW YOU  
HOW MUCH FUN THIS PROGRAM IS.**

**Monday, October 5th • 11:30 am - 1:00 pm**

**Wednesday, October 28th • 12:00 - 2:00 pm**

At the Needham Senior Center

**Sign-up is required. There is no fee for this program.**

Here is your chance to give Wii™ a try or simply see what it's all about. A fast-growing number of Senior Centers are loving the benefits of the Nintendo® craze called "Wii™." The Wii™ sports program includes virtual tennis, golf, baseball, bowling and boxing. Players hold a wireless controller that detects three-dimensional motion as they execute the same arm movement they would employ if swinging a racket or bat, rolling a ball, or throwing a jab. The simulated action is played out on a television screen. We would like to thank Charles River ARC volunteers for helping us to make this program a success.

**SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM**





COUNCIL  
ON AGING  
Needham

**Council on Aging  
Chairperson**  
Susanne Hughes

**Staff**

Jamie Brenner Gutner  
*Executive Director*

Sherry Jackson, MSW, LICSW  
*Associate Director*

LaTanya Steele  
*Social Worker, BSW*

Barbara Falla, LICSW  
*Social Worker*

Paula Angell, MSW

Penny Gordon, BA  
*Volunteer and Transportation  
Program Coordinator*

Dorene Nemeth, MBA  
Denise Roskamp, MD  
*SHINE*

Jeanne Blakeney  
*Trips*

Clif Holbrook &  
Elwyn Cotter  
*Van Drivers*

Won Whang  
*Building Monitor*

**Advisory Board  
Members**

Adele Chang

Ed DeMarrais

Ann DerMarderosian

Jack Donna

Marjorie Gaulitz

Miriam Kronish

**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

## DEAR FRIENDS,

Once again the summer months were very busy for the staff and activities flourished at the Stephen Palmer Senior Center. In August we were absorbed with preparing the Annual Report for the Executive Office of Elder Affairs which demands a review of our department's activities for the past year. This helps us to analyze our programs and services and to do some planning for the future. By doing this review we always learn some interesting things. For example this year: our receptionists logged in over 10,000 calls; our van provided 6770 rides; 300 volunteers donated close to 23,000 hours of service; our SHINE counselors helped to save over 2 million dollars in health care costs for the region; and over 1300 individuals participated in approximately 2400 different sessions of programs and events that the department offered, which is only a portion of the over 3500 different individuals that were touched by the Council on Aging Department.

I am very proud of our efforts and accomplishments as we strive to enhance the health and wellness of our Community. In our endeavor to accomplish our goals once again we will embark on the Reaccreditation Process for the Stephen Palmer Senior Center. This will provide an opportunity for many community partners to help us evaluate our programs and services by engaging in a thorough and thoughtful process that helps us compare our Center to best practices and national standards. It will be an even busier time for those of us that participate in this course of action but we know that it will provide us with the opportunity to learn and grow as we continue to fulfill our mission.

*Jamie*

### NEEDHAM COUNCIL ON AGING DONATIONS

#### GENERAL DONATIONS

- Richard Aronson
- Scott Brown
- The Friday Quilting Group
- Willard Hicks
- Wingate Health Care

#### IN MEMORY OF GERALDINE SCARCELLA

- Raymond and Rita Abdella
- Joanne and George Anthony
- Kevin and Laura Bense
- Bernard and Joan Kearney
- Jo's Book Club Ladies
- James and Geraldine McCormick

- Evelyn and Lewis Morris
- Grace Pagano
- Lynn and Gary Petrini
- Mary and Charles Rizzo
- Ben and Anne Sterverman

#### IN THE NAME OF

- Eric and Molly Notkin  
In the name of Gene Notkin

### FRIENDS OF THE NEEDHAM ELDERLY DONATIONS

- Jeanne Blakeney in memory of Josephine Scarcella

**PLEASE NOTE** The Needham Council on Aging and Senior Center does not receive funding for recreational programming. Although most of our programs are free, some programs have costs in an effort to meet the overall expenses for all programs. Please note, that if you cannot afford a class, we will always offer scholarships.

### TABLE OF CONTENTS

Aerobics, Low-Impact .....	6	Lunch and Learn Lectures .....	4
Art History, "The Portrait in Art" .....	5	Membership Form .....	3
Ballroom Dancing Lessons .....	4	Monday's Lunch Bunch .....	5
Book Review "The Commoner" .....	4	Movies .....	5
Caregiver Support Group .....	3	Nutrition Lecture .....	4
Crafty Workshop 101 .....	3	Seniors to Senior Exercise Program ...	4
Dance .....	1	Senator Brown and Representative Harkins...	3
Did You Know? .....	6	Sudoku .....	5
Entertainment Live .....	5	Tai Chi for Beginners .....	6
Exercise Classes .....	4 & 6	Trip Update .....	5
Friendly Visitor Volunteer Program .....	5	Volunteer Opportunities .....	6
Friends Update .....	2	Walking Club .....	5
Harvest Moon Dance .....	1	Wii™ – Baseball, Bowling and Tennis ...	1
Healthy Lifestyle Choices Lecture .....	4	Yoga .....	3
Jewelry Making Workshop .....	4		

FRIENDS OF NEEDHAM ELDERLY  
**2009 MEMBERSHIP/DONATION FORM**

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

Membership for 2009	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
<b>Total Enclosed</b>	\$ _____

\*Name of Deceased \_\_\_\_\_

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address \_\_\_\_\_

Please make checks payable to: Friends of Needham Elderly and mail to:  
FONE, 83 Pickering Street, Needham, MA 02492. **Questions? Please send inquiries to needhamfone@comcast.net.**

## FRIENDS UPDATE

As the new Boutique Manager for the Friends of Needham Elderly, I am asking for your help. I need volunteers in the following areas:

- Bake Sale Coordinator during elections.
- Volunteers to help at the boutique tables during elections.

I am also always in need of items to sell throughout the year. If you can help or have any questions, please call Nancy Wetherell, Boutique Manager at 781-444-8169.

## CAREGIVER SUPPORT

The Needham Council on Aging and Senior Center, 83 Pickering St., will offer a Caregiver Support Group for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For dates and time, call LaTanya Steele at 781-455-7555, ext. 208

## YOGA IN THE AFTERNOON WITH SANDI

**A 5-Week Class, Wednesdays • 3:00 pm**

**Begins on October 14th**

At the Needham Senior Center

**Sign-up is required; call 781-455-7555**

**A total payment of \$20 is due on the first day of class.**

Students need to bring a sticky mat (can be purchased at most sporting goods stores), and a small blanket. Participants can expect to be doing yoga seated on the floor with the use of a mat with some standing poses as well. Please wear comfortable clothes and don't eat a big meal beforehand. Class is NOT a women-only venture. Men are welcome! Sandi Levy is certified as a Viniyoga Yoga teacher and her classes are geared toward the older adult. Currently she also teaches at Brandeis' Lifelong Learning Institute, JCC of Newton, and the Dedham Racquet Club. The instructor loves yoga, feels it is magical and hopes to impart this love of yoga to her students. But she never expects you to contort into a pretzel!

## HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

## SENATOR SCOTT BROWN AND REPRESENTATIVE LIDA HARKINS

WILL GIVE AN UPDATE ON:  
THE POTENTIAL OF DRIVING TESTS FOR SENIORS AND THE POSSIBLE REDUCTION OF NEEDHAM MBTA COMMUTER RAIL TRAINS, BUS SERVICE AND THE RIDE

**Wednesday,  
October 14th  
12:30 pm**

**No Sign-up is required.**

At the Needham Senior Center

This is an opportunity to hear where these issues stand. You will also have a chance to ask questions and to voice your concerns.

## CRAFTY WORKSHOP 101

COME ON DOWN,  
GET A LITTLE CRAFTY AND  
HAVE FUN MAKING AN  
AUTUMN DOOR DECORATION  
FOR YOUR HOME.

**Thursday,  
October 15th  
1:30 pm**

**Sign-up is required.**

**Cost is \$2.00 and is due on the day of the program.**

At the Needham Senior Center

Broom crafts are a quaint way to spice up your seasonal door decorations. If your front door looks a little plain, and it needs something to give it some personality and you would like to have some fun, make a plan to join us. Decorations are not just for your front door. They look lovely hanging on the doors inside your house as well. In advance we thank Joan Story for volunteering to lead this crafty workshop.



## JEWELRY MAKING WORKSHOP WITH DANNY

**Monday, October 5th  
1:30 pm**

At the Needham Senior Center  
**Sign-up is required.**

There is no fee for the class unless you decide to purchase your item. At the workshop, you will be able to choose different beads to make your piece. Bracelets are \$5.00, earrings are \$3.00 and necklaces are \$10.00.

## BOOK REVIEW "THE COMMONER" BY JOHN BURNHAM SCHWARTZ

**Monday, October 19th  
1:30 pm**

At the Needham Senior Center  
**A suggested cost of  
\$4.00 is appreciated.**

Taking inspiration from actual events, Schwartz tells the story of Haruko, a well-bred Japanese girl who becomes the first non-aristocrat to wed into the Japanese Imperial Family. As a commoner, she withstands constant scrutiny by the royal family. The novel spans decades of Japanese history detailing the private lives and sometimes much suffering of the women who have elected to join the Imperial family. "The Commoner" offers a fascinating peek behind the Chrysanthemum Throne and to the generations of women who have lived silently behind the palace walls.

## THE WALKING PALS PROGRAM

Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. To sign-up, call Sherry at the Needham Senior Center, 781-455-7555.

### MARK YOUR CALENDAR:

**An afternoon of Thanks  
and Appreciation honoring  
all of our valued volunteers,  
to take place on  
Thursday, November 19.**

## LUNCH AND LEARN TIMES TWO

At the Needham Senior Center

**Sign-up is required. There is no fee for the following two programs.**

A tasty lunch will be served after each lecture and you will have an opportunity to ask questions on a one to one basis with the presenter.

## HEALTHY LIFESTYLE CHOICES: AWARENESS AND ACTION

PRESENTED BY: CAROL READ M.ED, C.A.G.S  
THE NEEDHAM HEALTH DEPARTMENT

**Tuesday, October 20th • 12:00 pm**

To achieve good health we must be aware of our physical, social/emotional and psychological selves. Most of us tend to focus on maintaining our physical health through primary care physicians yet often overlook our feelings, mood and stress levels which research shows contributes greatly to our level of health and wellness. Many of us have a friend or loved one who struggles with a depressed mood and/or high stress levels and uses alcohol to cope yet alcohol is actually a depressant that contributes to these problems. It is important to be informed of the facts to help our friends and loved ones make healthy lifestyle choices. Join us to learn about the effects of alcohol on mood and stress levels, the risks of combining alcohol with prescription medications and the importance of connecting with information and support resources to make healthy choices.

## NUTRITION

PRESENTED BY DR. NATHAN CINTRON,  
NEWTON WELLNESS CENTER

**Monday October 26 2009 • 12:00 pm**

Back by popular demand, Dr. Cintron will offer the latest information about Nutritional Strategies for Wellness. The Lecture will provide valuable information about how the body works and how proper nutrition and de-toxification can help ward off sickness and disease. Dr. Cintron is an esteemed member of the Massachusetts Chiropractic Society, the International Chiropractic Association, World Chiropractic Alliance and Foundation for Wellness Professionals.

## BALLROOM DANCING LESSONS: "THE RUMBA"

**Tuesdays, 2:00-3:00 pm • October 6, 13, 20, and 27**

Offsite Location: Charles River YMCA 380 Chestnut Street

**Sign-up is required, call the Senior Center at (781) 455-7555.**

**Cost for the 4 weeks is \$16.00 and is due on the first day of class.**

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. Please wear shoes that allow movement on a wood floor – not rubber soles. To sign-up, call Sherry Jackson at the Needham Senior Center, 781-455-7555.

## EXCITING **NEW** EXERCISE OPPORTUNITY!

SENIORS TO SENIORS

**A 5 week class meeting 2 times a week beginning in October.**

**The class is limited in size – up to 15 participants. Sign-up is required.**

**Because this is a grant funded pilot program  
we are able to offer this class for FREE!**

In advance we thank the Needham High School for obtaining a grant to offer this wonderful opportunity for older adults in Needham. This class will focus on strength training utilizing state of the art Keiser air pressure resistance training equipment. Each participant will have two 12th grade trained students that will teach you how to use Keiser exercise equipment. You will also receive basic fitness testing and have an opportunity to utilize this new facility that the citizens of Needham generously funded. To obtain information regarding specific dates and times contact Sherry Jackson, Associate Director at the Needham Senior Center, 781-455-7555.

## ART HISTORY, "THE PORTRAIT IN ART"

**Wednesday, October 7th • 10:30 am**

Location: Offsite at Avery Crossings • 110 West Street

***There is no fee for this program.***

A portrait is much more than a picture of what someone looks like. A portrait can document the history of a whole family, or a single individual's journey. It can be about an era of time, or the experience of time as a youth or elder. Join us for a look at the Portrait in Art. Share your own point of view. We thank Avery Crossings for sponsoring this program.

## IT'S FRIDAY ENTERTAINMENT LIVE WITH THE SILVER NEWTONES

**Friday, October 16th • 1:30 pm**

At the Needham Senior Center

***There is no fee for this program. Sign-up is required, call 781-455-7555.***

The Silver Newtones is a senior chorus based in Newton. The chorus consists of seniors ranging in age from their early 50s to their later 80s. The Silver Newtones will present a musical geographic tour of the United States. In advance we would like to thank Griswold Home Care for sponsoring this event.

## TRIP UPDATE

The Overnight Trip this year is taking us to the Lake George/Saratoga Springs area of New York. The dates are October 19-21, 2009 and the prices range from \$360pp/dbl to \$419/single. We'll be staying at the Georgian Hotel on Lake George and will have a cruise on the lake. We will also visit the famous Saratoga Race Track and attend the Dinner Theatre. We are a little late in announcing this trip so please decide in a hurry to join us, certainly the price is right, and this will be different from the previous overnights that we have taken. Please call Jeanne Blakeney at 781-455-7555, Tues, Wed, or Thur., or call anytime and leave a message. Please call soon, we will need a deposit!

The trip in November will take us back to nearly everyone's favorite, Foxwoods. On Thursday, November 12th, before the bustle of the holidays, we will take our annual trip to Connecticut, to spend our time at the tables, or slot machines and enjoy some good food. There is a bonus of a \$15 meal or full buffet and a \$15 Keno ticket, all for \$26.00! So plan on it!

## THE WALKING CLUB

**October Destinations:**

**October 2nd – Mount Auburn Cemetery**

**October 9th – Walden Pond**

**October 16th – The Rose Kennedy Greenway**

**October 23rd – Cowassock Woods**

**October 30th – Great Meadows**

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign-up, call Sherry at the Needham Senior Center, 781-455-7555.

## FRIENDLY VISITOR PROGRAM

VOLUNTEERS are needed for our Friendly Visitor Program to provide companionship to homebound elderly by visiting in the home to reduce loneliness and improve quality of life. Additional activities may include (at the discretion of the volunteer) letter reading & writing, telephone reassurance, activities & crafts, and respite care for families. Please contact Paula Angell at the Needham Senior Center, 781-455-7555.

## SUDOKU CLASS

At the Needham Senior Center

***Sign-up is required. There is no fee for this program.***

### BEGINNER LEVEL

**Monday, October 19th  
9:30 am**

### INTERMEDIATE LEVEL

**Monday, October 26th  
9:30 am**

Sudoku in Japanese means 'number addiction'. It may be an addiction you will enjoy!

## MOVIES, FRIDAYS AT 1:00 PM

At the Needham Senior Center

**October 2nd**

"Mermaids," 1990

**October 9th**

"An American in Paris," 1951

**October 23rd**

"Somewhere in Time," 1980

**October 30th**

"The Ghost and Mrs. Muir,"  
1947 at 1:30 pm

## MONDAY'S LUNCH BUNCH

Question: What goes best with having lunch with friends?

Answer: Shopping before having lunch with friends  
(See October 26th)

**Depart Senior Center  
at 11:30am.**

Board our Van and take a ride to:

**October 5th**

Tony's Place, West Roxbury

**October 12th**

Senior Center Closed

**October 19th**

Big Papi's, Framingham

**NEW**

**October 26th**

At Legacy Place in Dedham

Depart at 10:30 am

Return at 1:30 pm

Shopping at L.L. Bean

Lunch at P.F. Changs

To sign up call the Senior Center at 781-455-7555. The suggested donation of \$5.00 will be collected on the van. You will pay for your own meal at the restaurant. Enjoy!!



COUNCIL  
ON AGING  
Needham

STEPHEN PALMER  
SENIOR CENTER  
83 Pickering Street  
Needham, MA 02492  
781-455-7555

SENIOR CENTER  
DROP-IN HOURS:  
9:00 am - 4:00 pm  
Monday thru Friday

## DID YOU KNOW?

If you haven't been to the Senior Center, or if you have been but would like to be properly introduced, we will arrange to meet you at the Center, provide a tour, answer your questions, register you for programs or services and introduce you to the other participants. Please contact the Outreach Department at the Needham Senior Center, 781-455-7555 to make a hospitality appointment.

## VOLUNTEER OPPORTUNITIES

- **Experienced knitter to teach small group**
- **Meal site Volunteer**
- **Friendly Visitors**
- **Parent/Child Morning Pastry preparer & visitor**
- **Assistant to tidy up at the end of the weekday on Tuesdays and Thursdays from 3-4pm**

Volunteers are sought to participate in an afternoon program with school age children. The Needham Public schools have a professional development day scheduled monthly for teachers and staff whereby the students are dismissed at midday. Tuesday, October 20, 2009, we'd like to host a brown bag lunch followed by an afternoon of playing board games and working on jigsaw puzzles. Your participation is necessary to make the program a success. To sign-up to volunteer, call Penny Gordon, Volunteer and Transportation Coordinator at 455-7555.

The Needham High School community would like to involve as many senior citizens as possible in high school programs. The new high school building is a large place requiring a variety of adults to keep it running smoothly. Ideally, the High School administration would like to have pairs of volunteer senior citizens stationed each day at the main entrance to act as Senior Greeters. The Senior Greeter's main responsibility would be to act as an extra pair of eyes and ears at the school's main entrance and to welcome visitors to the high school community.

The Needham Public Schools (NPS) and the Needham Council on Aging (NCOA) will be partnering for intergenerational volunteer opportunities. The NPS are seeking non-parent volunteers to act as GREETERS in the High School, to offer MATHASSISTANCE throughout the NPS, and SUPPORT in the NEEDHAM SCIENCE CENTER. To sign-up to volunteer, call Penny Gordon, Volunteer and Transportation Coordinator at 455-7555.

**ESPECIALLY FOR  
BEGINNERS  
TAI CHI MODIFIED  
A 8-Week Class:  
Mondays • 1:00 – 2:00 pm  
October 5, 19, 26 and November  
2, 9, 16, 23, 30**

Offsite location: the Community Room at  
5 Chambers Street in Needham

**Cost for the 8 weeks is \$32 and is due on  
the first day of class. Sign-up is required;  
call the Senior Center at 781-455-7555.**

Participants can either stand or sit in a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. No experience is necessary. Wear loose, comfortable clothing.

**NEW**

**LOW-IMPACT AEROBICS  
A 6 Week Class:  
Wednesdays • 1:30 - 2:20 pm  
October 7, 14, 21, 28,  
November 4, 18**

Offsite location: the Community Room  
at 5 Chambers Street in Needham

**Fee for the class is \$24 and payment is due  
on the first day of class. Sign-up is required;  
call the Senior Center at 781-455-7555.**

Have fun while you boost your energy, improve your heart function, and reduce stress. This 50-minute class consists of a ten-minute warm-up, followed by 30 minutes of low-impact aerobics based on dance moves (no dance experience necessary), and concludes with ten minutes of gentle stretching to improve flexibility and reduce muscle tension. This class is designed for mature individuals of all fitness levels and abilities.

[www.NeedhamSeniors.com](http://www.NeedhamSeniors.com)

FOR REAL SERVICE  
IN REAL ESTATE



**THE ELLIS**  
NURSING AND REHABILITATION CENTER

- Short Term, Long Term & Dementia Units
- Up to 7 days/week Physical Therapy, Occupational Therapy, & Speech Therapy
- In house therapists
- Family owned and operated
- Dedicated dementia unit
- Skilled nursing care with specialties in medically complex cases

135 Ellis Avenue • Norwood, MA 02062 • 781-762-6880  
[www.TheEllis.com](http://www.TheEllis.com)



# OCTOBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CALENDAR OF PROGRAMS AND EVENTS</b> Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov <b>Offsite Locations of Programs</b> #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church • 858 Great Plain Ave. #5 NHA Community Room • 5 Chambers Street <b>Please Note: Items in bold indicate that sign-up is required.</b>			<b>1</b> 9-4 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Pot Roast or Egg Salad Sandwich 12:00 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b>	<b>2</b> 9-4 Pool <b>9:15 Senior Strength Exercise with Pearl</b> 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club: Mt. Auburn Cemetery</b> <b>11:45 Lunch:</b> Chicken or Seafood Salad Sandwich 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "Mermaids," 1990
<b>5</b> 9-4 Pool <b>10:00 Walking Club</b> <b>10:15 Senior Strength Exercise with Pearl</b> <b>11:30 Lunch Bunch: Tony's Place, West Roxbury</b> <b>11:30 Wii™</b> <b>11:45 Lunch:</b> Macaroni and Cheese or Roast Beef & Cheese Sandwich 1:00 Bridge – Men <b>1:00 Tai Chi Beginners #5</b> <b>1:30 Jewelry Design Workshop</b>	<b>6</b> 9-4 Pool <b>9:00 Spanish Class</b> <b>9:15 Yoga</b> 9:15 Bridge – Women 10:30 Current Events Group <b>11:45 Lunch:</b> Salisbury Steak or Egg Salad Sandwich 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing – "The Rumba" #1</b> <b>2:00 Arthritis Exercise with Lisa</b>	<b>7</b> 9-4 Pool 9:00 Keep Well Clinic 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters 10:30 Art History #3 <b>11:45 Lunch:</b> Roast Pork or Turkey & and Cheese Sandwich <b>12:30 Play Reading</b> 1:00 Bridge – Men <b>1:00 Bridge for Beginners</b> <b>2:15 Aerobics #5</b> 2:30 Better Balance	<b>8</b> 9-4 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Spicy Chicken Fajita or Tuna Salad Sandwich <b>12:00 Computer Lessons</b> 12:00 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b>	<b>9</b> 9-4 Pool <b>9:15 Senior Strength Exercise with Pearl</b> 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club: Walden Pond</b> <b>11:45 Lunch:</b> Salmon Boat w/Dill Sauce or Chicken Salad Sandwich 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "An American in Paris," 1951
<b>12</b> <b>CLOSED IN OBSERVANCE OF COLUMBUS DAY</b>	<b>13</b> 9-4 Pool <b>9:00 Spanish Class</b> <b>9:15 Yoga</b> 9:15 Bridge – Women 10:15 Senator Brown Office Hours 10:30 Creative Writing Group <b>11:45 Lunch:</b> Hot Dog & Baked Beans or Roast Beef & Cheese Sandwich 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing – "The Rumba" #1</b> <b>2:00 Arthritis Exercise with Lisa</b>	<b>14</b> 9-4 Pool 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Chicken Macaroni Stew or Turkey Salad over Lettuce 1:00 Bridge – Men <b>1:00 Bridge for Beginners</b> <b>2:15 Aerobics #5</b> 2:30 Better Balance <b>3:00 Yoga with Sandi</b>	<b>15</b> 9-4 Pool 9:15 Triad Meeting <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Roast Turkey dinner or Egg Salad Sandwich 12:00 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b>	<b>16</b> 9-4 Pool <b>9:15 Senior Strength Exercise with Pearl</b> 9:15 Quilting 10:00 Low Vision Group <b>10:15 Walking Club: Rose Kennedy Greenway</b> <b>11:45 Lunch:</b> Breaded Fish w/ Cheese Sauce or Chicken Salad on Lettuce 1:00 Bridge – Men <b>1:30 Entertainment Live with The Silver Newtones</b> <b>NO 10:30 EXERCISE CLASS TODAY</b>
<b>19</b> 9-4 Pool <b>9:15 Yoga</b> <b>9:30 Suduko</b> <b>10:00 Walking Club</b> <b>10:15 Senior Strength Exercise with Pearl</b> <b>11:30 Lunch Bunch: Big Papi's, Framingham</b> <b>11:45 Lunch:</b> American Chop Suey or Chicken Patty Sandwich 1:00 Bridge – Men <b>1:00 Tai Chi Beginners #5</b> 1:30 Book Review: "The Commoner" by John Burnham Schwartz	<b>20</b> 9-4 Pool <b>9:00 Spanish Class</b> <b>9:15 Yoga</b> 9:15 Compass Collating 9:15 Bridge – Women 10:30 Current Events Group <b>11:45 Lunch: Autumn Special</b> Beef Burgundy, Bread Pudding <b>12:00 Lunch and Learn: Healthy Lifestyle Choices: Awareness and Action</b> 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing – "The Rumba" #1</b> <b>2:00 Arthritis Exercise with Lisa</b>	<b>21</b> 9-4 Pool 9:00 Keep Well Clinic 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Breaded Fish w/ Florentine Sauce or Ham & Swiss Sandwich <b>12:30 Play Reading</b> 1:00 Bridge – Men <b>1:00 Bridge for Beginners</b> <b>2:15 Aerobics #5</b> 2:30 Better Balance <b>3:00 Yoga with Sandi</b>	<b>22</b> 9-4 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Chicken Marsala or Seafood Salad Sandwich 12:00 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b>	<b>23</b> 9-4 Pool <b>9:15 Senior Strength Exercise with Pearl</b> 9:15 Quilting <b>11:00 Walking Club: Cowassock Woods</b> <b>11:45 Lunch:</b> Pork Rib or Tuna Salad Sandwich 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:00 Movie: "Somewhere in Time," 1980 <b>1:30 Second Annual Big Band Harvest Moon Dance</b>
<b>26</b> 9-4 Pool 9-4 Pool Tournament <b>9:30 Suduko</b> <b>10:00 Walking Club</b> <b>10:15 Senior Strength Exercise with Pearl</b> <b>11:30 Lunch Bunch: P.F. Changs, Dedham</b> <b>11:45 Lunch:</b> Tomato Soup, Fish & Cheese Sandwich or Turkey & Mozzarella Cheese on Oatnut Bread <b>12:00 Lunch and Learn: Nutrition</b> <b>1:00 Tai Chi Beginners #5</b> 1:00 Bridge – Men	<b>27</b> 9-4 Pool <b>9:00 Spanish</b> <b>9:15 Yoga</b> 9:15 Bridge – Women 10:15 Senator Brown Office Hours 10:30 Creative Writing Group <b>11:45 Lunch:</b> Pot Roast or Chicken Patty Sandwich 12:00 Ping Pong 1:00 Bridge – Men 1:00 Cribbage – Women <b>2:00 Ballroom Dancing – "The Rumba" #1</b> <b>2:00 Arthritis Exercise with Lisa</b>	<b>28</b> 9-4 Pool 9-4 Pool Tournament 9:15 Exercise 10:00 Hearts Card Game 10:30 Songsters <b>11:45 Lunch:</b> Chicken Breast or Roast Beef & Cheese Sandwich <b>12:00 Wii™</b> 1:00 Bridge – Men <b>1:00 Bridge for Beginners</b> <b>2:15 Aerobics #5</b> 2:30 Better Balance <b>3:00 Yoga with Sandi</b>	<b>29</b> 9-4 Pool <b>9:30 Piano Lessons</b> 10:00 Knitting 10:00 Whist <b>11:45 Lunch:</b> Stuffed Pepper w/ Tomato Sauce or Chicken Salad Sandwich 12:00 Ping Pong 1:00 Bridge – Women 1:00 Bridge – Duplicate 1:00 Cribbage – Men <b>2:00 Arthritis Exercise with Lisa #1</b>	<b>30</b> 9-4 Pool <b>9:15 Senior Strength Exercise with Pearl</b> 9:15 Quilting 10:30 Exercise <b>11:00 Walking Club: Great Meadows</b> <b>11:45 Lunch:</b> Meatloaf or Tuna Salad Sandwich 1:00 Board Games: Mah Jong, Scrabble, Canasta, etc. 1:00 Bridge – Men 1:30 Movie: "The Ghost and Mrs. Muir," 1947

**PLEASE  
PATRONIZE OUR  
ADVERTISERS.**

**To place your ad here,  
call 781-455-7555**

**CR Louise Condon Realty, Inc.**

"Needham's Home Town Brokers"™

**781-449-6292**

399 Chestnut Street • Needham, MA 02492 • [www.condonrealty.com](http://www.condonrealty.com)



**BRIARWOOD HEALTHCARE  
& REHABILITATION CENTER**  
AT 150 LINCOLN STREET

◆ An Eden Alternative Registered Home

◆ Family Owned and Operated    ◆ Secured Alzheimer's Program

◆ Short Term Rehabilitation    ◆ Long Term Care

**781-449-4040**

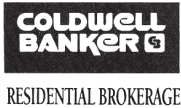


**Martha M. McMahon, ABR, SRES®**  
Seniors Real Estate Specialist

**(781) 446-7656**

**[martha.mcmahon@nemooves.com](mailto:martha.mcmahon@nemooves.com)**

*One Chapel Street  
Needham, MA 02492*



**KEEP YOUR LIFE SAVINGS  
SAFE FOR LIFE.**

**Needham Bank**

YOUR FUTURE. OUR FOCUS.

MEMBER FDIC  
MEMBER SIF



**[NEEDHAMBANK.COM](http://NEEDHAMBANK.COM) 781-444-2100**

**SOSTEK**  
HOME CARE

**617-244-8560**

**[www.SostekHomeCare.com](http://www.SostekHomeCare.com)**

**Council on Aging  
Board Members**

Susanne Hughes  
*Chairman*

Carol deLemos  
*Vice Chair*

Roma Jean Brown

James Dolan

Dan Goldberg

Risa Greendlinger

Helen Hicks

Andrea Rae

Colleen Schaller

Derrek Shulman

Nina Silverstein

Mary Elizabeth Weadock

**VISIT US ONLINE AT:  
[www.needhamma.gov](http://www.needhamma.gov)**

Read this newsletter in your choice of easy-to-read formats.

**FRIENDS OF THE  
NEEDHAM ELDERLY, INC.**

83 Pickering Street  
Needham, MA 02492

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
PERMIT # 54486